



🔍 **How To Cook 6 ★ Tomato
Sauce for Panzerotti**

**eDitorial work N°33
by L.Guidali N°33**

ETOILE

(You can watch this recipe in video on [eManation](#))

Let's go !



ACTION ONE (8✓) (Design and Cooking) Mix all the necessary ingredients and cook :

Step 1 (3✓) (Page 8)

Step 2 (5✓) (Page 13)

Finish (Page 17)

+ 8 ✓ Experience Points in cooking

eXplanation (For 16 small Panzerotti) :

Put the cooking at medium temperature and in a relatively large pan pour 75ML olive oil.

In addition to 4 g of tomato paste (#Optional) and a clove of garlic (7 g).

Stir the sauce throughout the preparation.

Cut in half 8 cherry tomatoes and add 400g (425ML) tomato sauce and stir.

Add 4g of dried basil (or fresh basil), 4g of salt, 60ML of water.



Put the lid on your stove and wait between 30 to 1 hour.

Remember to stir from time to time while cooking.

1 Tablespoon = 15G - 15ML (About)

1 Teaspoon = 5G - 5ML (About)

Can be used for pizza, calzone ... etc

-  You can use classic tomatoes, but the taste will be slightly different
-  You can add a very low dose (3-4g) of sugar to reduce the acid taste of tomatoes (a bit like onions)

-  Be careful that the sauce does not burn. However, remove or lift the lid as little as possible while cooking
-  Remove the cloves of garlic after cooking

 Difficulty :  Very Easy (Level 1 )

 Skills : Some little notions of cooking

 Senses :  Vision  To Touch  Proprioception  Smell  Thermoception  Taste

 Intelligences :  Kinesthetic Body Intelligence

 Intelligence Logic Mathematics

 Imagination

 State of Mind :  Focus

 Patient

 Perfectionist

 Methodical

 Organize

 Tools ( 5) (1 #Optional) :

- 🔨 Stove (Big Enough)
- 🔨 Wooden Spoon
- 🔨 Lid for the stove
- 🔨 Cooking System
- 🔨 Metering (Ingredients) #Optional

 **Ingredients 10 (1#Optional) (📖 Recipe) :** Sauce for 16 (Panzerotti) 🔴 576 Calories (1 Panzerotti = 🔴 36 Calories)

-  Olive Oil 🔍 75ML 🔴 450 Calories
-  Salt 🔍 4g 🔴 0 Calories
-  Water 🔍 60ML 🔴 0 Calories
-  Tomato Concentrate (#Optional) 🔍 4g 🔴 3 Calories
-  A Clove of Garlic 🔍 7g 🔴 7 Calories
-  8 Cherry Tomatoes 🔍 12g 🔴 18 Calories
-  Tomato Sauce 🔍 425ML 🔴 72 Calories
-  Basil 🔍 4g 🔴 9 Calories
-  Oregano 🔍 4g 🔴 11 Calories
-  Pepper 🔍 2g 🔴 6 Calories

⚠️ Consider nutrient intake too and not essentially calorie intake

📋 WHAT ? ▼

🔍 How To Cook {6} Step by Step

🌟 Tomato Sauce for Panzerotti

🌌 Panzerotti Sauce World

🌌 Sauce Galaxy

🌟🌟 Cooking Universe (🔍)

📖🖋️ Type : Cooking a Sauce (💧 Sauce)

🎨 Style : Panzerotti Sauce Tomato

🗣️ Language : 🌐 International (🇬🇧 description and steps in English, but comprehensible by the whole world)

📖 HOW MUCH ? ▼

👣 2 Steps

🔥 1 Actions

✓ 8 Experience Points

🔧 5 tools (1 #Optional)

🍲 10 Ingredients (1 #Optional)

🛑 576 Calories (About) 1 Panzerotti = 🛑 36 Calories

 **Dosage (Weight) (About) :** 16 Panzerotti's = 560ML ( Liquid) - 37G ( Solid) 1 Panzerotti = 35ML ()

2,3g () Weight of total ingredients used

 **How many people :** 2-6 Persons (4 Medium) (Main meal)

 **Preparation Time :** 5 Minutes Minimum - 15 Minutes

 **Waiting Time :** 0

 **Cooking Time :** 30 Minutes - 1 Hour

 **Temperature Cooking :** Average Temperature (at the beginning). Low Temperature (after).

 **6 Senses**

 **3 Intelligences**

 **5 State of Mind**

 **WHO ?** 

 **Cook by Carmen**

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? WHY ? 

Learn How To Cook Tomato Sauce for Panzerotti

 **WHERE ?** 

Pontault Combault ( France)

🇮🇹 Italian Food

🇸🇪 Sweden Music

🕒 WHEN ? ▼

📅 17 10 December 2017

🕒 Duration : 35 Minutes Minimum ~ 1,15 Hour

⚠️ The duration depends on the performance and tools used by the author.
That is why this is indicated from the minimum to the maximum.

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💡 HOW ? ▼

🔥 ACTION ONE

(8✓) (👨 Design
and Cooking) Mix
all the necessary
ingredients and
cook :

👣 Step 1 (3✓)











👣 Step 2 (5✓)









✓ Finish

+8 ✓ Experience Points in cooking



